

Council on Aging News & Tyngs

COUNCIL ON AGING - SENIOR CENTER

180 Lakeview Avenue • Tyngsborough, MA 01879

Mail Address: PO BOX 94

Phone: 978-649-9211 • Fax: 978-649-9533

July 2014

Email: broche@tyngsboroughma.gov

Happy Independence Day to all of you. We will be closed on Friday, July 4th. I hope you all get a chance to come by on our "Salad Friday's" until October. It gives us all an opportunity to try new and different salads. July is the hottest month of the year in this area. Please remember that the center is open for a cooling station Mondays through Fridays 8 a.m. until 4 p.m. Come by to cool down, enjoy a cold beverage and visit with friends. You could always join in any of our activities. Check the newsletter for daily programs.

Here are the upcoming Events:

- Wednesday, July 9th – "Independence Day Celebration" – join us for an ice cream social sponsored by the Tyngsborough Firefighters Association, followed by "Town Trivia" with Pamela Connelly from Home Instead.
- Thursday, July 17th – Veteran/Senior Breakfast – sponsored by Paramount Healthcare Services with talk on Home Care.
- Wednesday, July 23rd – "Beach Party" – join us at the town beach for fun in the sun by beautiful Lake Mascuppic. We will provide beverages and snacks, bring your picnic lunch.

Can you believe it has been 3 years? Enjoy every day! Barbara.

Reminder: We will be closed on Friday, July 4th.

"We must be willing to let go of the life we planned so as to have the life that is waiting for us." – Joseph Campbell

STAFF

Barbara Roche - Director
Tracy Pecora - Secretary
Bernie Mercier - Program Coordinator
Midge Poirier - Meal Site Coordinator
Tom Tiano - Custodian
Louanne Brady - Bus Driver
Phil Molleur - Bus Driver
Jerry Richall-Bus Driver

COUNCIL ON AGING

Theresa Martineau - Chairperson
Robert McCarthy - Vice Chair
Claire Downing
Roger Downing
Fred French
Michael Knight
Charlene Muscato
Philip O'Brien
Mildred Poirier
Patricia Quinn
Maryjo Tatseos

CORE SERVICES

Bus Transportation
Daily Meals
Exercise Programs
Wellness Programs
Activity Programs

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Senior Center Hours of Operation:

Monday thru Friday
8:00-4:00
Bus 8:15-3:00

Tyngsborough COA Newsletter

ONGOING ACTIVITIES /JULY

Tai Chi Exercises
Both Mind and Body
Instructor Lesley Mathews



Every Monday 9:00... Cost \$3.00

The movement is slow, graceful, and fluid. The effort is almost undetectable. Most people are wearing street clothes, and no one has special shoes. "Could this really be exercise? Absolutely!"

MEXICAN TRAIN DOMINOES
Every Monday 10:00-11:30

BINGO
Every Tuesday 12:30-3:00



This activity keeps your mind stimulated. Not only that, you will have plenty of fun and excitement with this activity and it gives you a chance to socialize with others and have a great time. Come join us.

EXERCISE CLASS

Tuesday 10:15/Thursday 11:45
Instructor Elaine Corsetti
Cost \$3.00

Wii TV BOWLING
Every Thursday 10:00-11:30

The Wii TV bowling program helps Senior Citizens stay active and healthy, and it's good exercise and good socialization. Stay for lunch afterwards. Sign up two days in advance. 978-649-9211



Come Join the knitting
group Mondays
1:00-3:00 p.m.

Elder-Chair Yoga Plus
Instructor Lynda Gambale
Every Wednesday 9:00
Cost \$3.00

It includes relaxation for body and mind, as well as gentle stretches to release tension from various areas of the body. All the exercises can be done while sitting in a chair.

OIL PAINTING CLASS
Every Friday 12:30-2:30
Paint Instructor: Michael Vieira
Cost \$5.00

You can learn to paint with this oil painting course for beginners as well as professional painters.

BONE BUILDERS
Wednesdays 10:00/ Fridays 9:00

Bone Builders is a national program that provides seniors aged 60 and up with free twice-weekly group fitness sessions. Classes focus on exercise to improve balance and increase the strength of both bones and muscles. An established curriculum and standardized exercise are used, with ankle weight and hand weights to the individual's capabilities and comfort level. Balance exercises are performed with a chair in front of the participants.

ZUMBA Gold
Every Friday
10:30-11:15

CRIBBAGE
Every Tuesday
10:00 -12:00

BOOK GROUP
The third Thursday of each month.
July 17th 1:00 p.m.

Tyngsborough COA Newsletter

SPECIAL PROGRAMS for JULY

CLOSED FRIDAY JULY 4TH INDEPENDENCE DAY.

ISSUES AND CONCERNS

Monday, July 7th 10:30-11:30

Mary Gail Martin, Legislative Aide from the office of Representative Colleen Garry will be here every 1st Monday of the month for issues and concerns.

INDEPENDENCE DAY-ICE CREAM SOCIAL "Town Trivia"

Wednesday, July 9th 12:00

Ice cream sponsored by Tyngsborough Fire Department. **Don't forget to sign up for lunch two days in advance. Come early for lunch.**

CHAIR MASSAGE

Wednesday, July 16th 11:00

Given by Tanya Moran. Massage therapy can relieve pain, manage stress and provide emotional release. Fee \$15.00 for 15 minutes. Come relax! **NO CHAIR MASSAGE IN AUGUST**

LUNCH BUNCH

Wednesday, July 16th 11:30-1:00

If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus, just call 3 days in advance 978-649-9211. **This month "Village Inn".**

SENIORS/VETERANS BREAKFAST

Thursday, July 17th 8:30

Start your day with a healthy breakfast and a smile. Sponsored by the Paramount Healthcare Service. Followed by speaker; Paramount HealthCare. All are welcome to stay afterwards and join in the activities for the day. Sign up at the Center or call 978-649-9211

SUMMER BEACH PARTY

Wednesday, July 23rd 11:15

Get your picnic baskets, sunglasses, sunblock, and beach chairs ready for our second annual Beach Party. Don't forget to pack your self a light lunch. If you do not have transportation call the COA two days in advance. 978-649-9211. Hope to see you this year. Pray no rain!



TIPS FOR AVOIDING SCAMS & SWINDLES

Don't fall prey to scammers looking to make a quick buck! Follow these tips to stay safe!

From the desk of Peabody News!

- **HEALTH INSURANCE FRAUD**

Never give permission to a medical provider to bill for services rendered. Ask your medical provider what they charge, & what is out of pocket. Carefully review your insurer's explanation of benefits. Keep accurate records for all health care appointments.

- **MEDICARE SCAMS**

Protect your Medicare number. Be wary of salespeople trying to sell you something. Report suspicious activities at 1-800-MEDICARE.

- **TELEMARKETING SCAMS**

Don't buy from an unfamiliar company. Always take your time in making a decision. Obtain a salesperson's name, identity, phone, address and business license number before making a transactions.

- **HOME REPAIR OR CONTRACTOR FRAUD**

Carefully read contracts/purchasing agreements, before signing and have it in writing. Make sure you understand all contract cancellation and refund terms. Don't allow yourself to be pressured into making purchases and signing contracts.



Tyngsborough COA Newsletter

IMPORTANT INFORMATION

NO COA Board Meeting **Vacation; July /August**

TYNGSBOROUGH COUNCIL ON AGING

Senior Gift and Donation account is accepting donations to help supplement current programs, Exercise, Tai Chi, Paint Classes and events at the Center.

The Senior Center relies on donations, sponsors, grants, and user fees to help lower the cost of programs. If you wish to donate please make check to:

Council on Aging, Senior Gift and Donation
P.O. Box 94, Tyngsborough, MA 01879

THE FRIENDS OF THE COA

Is a non-profit organization which helps raise money for your Senior Center. They help sponsor holiday events, functions, entertainers, programs, new furnishings, etc. Membership fee is \$7.00 If you wish to become a member, make a donation or become a sponsor to help the organization please make a check out to:

The Friends of the Council on Aging
P.O. Box 94, Tyngsborough, MA 01879

THE FRIENDS OF THE COA

Summer is here and lots to get started on for our fundraisers for 2014-2015. We had a great year. Lets make this coming year even better.

Fiscal Year 2015 dues begins July 1st, 2015. Please stop by the Tyngsborough Council on Aging Monday or Tuesday and see Jean Checchi or mail your check out to the address below.

The Tyngsborough Council on Aging would like to thank the Friends of The Council on Aging , Joe Jaccopi, Isabell Hall, Jean Checchi and Jean Kareores, for all their support.

The Friends of the Council on Aging
P.O. Box 94, Tyngsborough, MA 01879

HELPFUL INFORMATION

Emergency Assistance Elder Care Fund
Call 1-800-892-0890

Brown Bag (call the Center to see if you are eligible for an application) OR 1-800-892-0890

Elderly Housing - Call the Tyngsborough Housing 978-649-9941

Safelink Wireless Phone 1-800-977-3768 or online./line.www.safelinkwireless.com

Mobile Food Pantry

If you are in need of food and do not have transportation, call Sue at 978-454-7174

Medical Equipment

If you or anyone you know needs a walker, shower chair, tub chair, toilet seat raisers or other small medical equipment, call the Center 978-649-9211.

Gentle Arms Daily Transportation Co.

Specializing In Adult Transport.
Door to Door Service. 1-978-809-0033
Ann B. McGuigan cell: 978-376-2804
E-Mail: ann@gadtransport.com

Alternative Transportation from ESMV is no longer a resource for transportation. They have informed us they are no longer excepting riders.

SOCIAL SECURITY

Typically does NOT publish the phone numbers of their local offices. However, you can reach them, toll-free, at **1-800-772-1213** (TTY **1-800-325-0778 for deaf or hard-of-hearing**) for their automated telephone services to get recorded information and conduct some business 24 hours a day. You can speak to a Social Security representative between **7 a.m. and 7 p.m. Monday through Friday**. Generally, **you'll have a shorter wait time if you call during the week after Tuesday**.

JULY 14

MON	TUES	WED	THURS	FRI
NOTE: NO EXERCISE DURING SUMMER MONTHS!!! JULY /AUGUST Starts back in September	1 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Wellness Clinic 11:30 LUNCH-Stuff Shells /Meat Sauce 12:30 Bingo	2 9:00 Yoga 10:00 Bone Builders 10:00 Walmart 11:30 LUNCH- Glazed Salmon / Scalloped Potato	3 10:00 Wii Bowling 11:30 LUNCH- Hot Dog/ Baked Beans	4 Independence Day CLOSED 
7 9:00 Tai Chi 10:00 Mexican Train Dominoes 10:30 Issues and Concern 11:30 LUNCH-Cheese Burgers 1:00 Needle Art	8 10:00 T.J Max Plaza..1hr 10:00 Cribbage 11:30 LUNCH-Ginger Chicken/White Rice 12:30 Bingo 	9 9:00 Yoga 10:00 Bone Builders 12:00 Independence Day Ice Cream Social 11:30 LUNCH- American Chop Suey	10 10:00 Wii Bowling 11:30 LUNCH- Turkey Ham / Fruit Sauce	11 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- Chicken Salad 12:30 Paint Class Perfect Summer Fruit Salad
14 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 Lunch -Sweet Ital- ian Sausage with Ziti 1:00 Needle Art	15 10:00 T.J Max Plaza..1hr 10:00 Cribbage 11:30 LUNCH- Honey Curry Chicken 12:30 Bingo 3:30 NO COA Meeting	16 9:00 Yoga 10:00 Bone Builders 11:00 Chair Massage 11:30 LUNCH- Meatballs Stroganoff / White Rice 11:30 Lunch Bunch "Village Inn"	17 8:30 Senior/Veteran Breakfast 10:00 Wii Bowling 11:30 LUNCH- Roast Pork with Gravy 1:00 Book Group	18 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH-LF Tuna Salad 12:30 Paint Class Watermelon /Tomato
21 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 LUNCH-Chicken Cacciatori/ White Rice 1:00 Needle Art	22 10:00 T.J Max Plaza..1hr 10:00 Cribbage 11:30 LUNCH-BBQ Pork Patty/ Sweet Pota- toes Wedges 12:30 Bingo	23 9:00 Yoga 10:00 Bone Builders 11:15 Beach Party 11:30 LUNCH- Mild Chili	24 10:00 Wii Bowling 11:30 LUNCH- Chicken Supreme /Whip Potatoes	25 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- LF Egg Salad/Potato 12:30 Paint Class Raw Vegetable
28 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 LUNCH- Beef Meatloaf with Gravy 1:00 Needle Art	29 10:00 T.J Max Plaza..1hr 10:00 Cribbage 11:30 LUNCH-Potato Fish Fillet Florentine / Rice 12:30 Bingo	30 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- Chicken Marsala 11:00 Pheasant Lane	31 10:00 Wii Bowling 11:30 LUNCH- Roast Turkey / Gravy	

Tyngsborough COA Newsletter

Bus Info./Regular Programs

BUS INFO

Weekly Bus Schedule:

Lunch at the Senior Center:

Monday thru Thursday 11:30-12:00 p.m. Bus P/U Starts @ 9:15 a.m. will return @ 12:00 p.m. If you decided to stay longer the bus will return at 2:30 p.m. the latest. **(No bus pick up on Fridays / except for shopping.)**

Activities at the Senior Center:

Monday thru Friday 10:00 a.m. -2:30 p.m. Exercise, Events, and Programs. Bus P/U Starts @ 9:15 a.m. will return @ 12:00 p.m. If you decided to stay longer the bus will return at 2:30 p.m. the latest.

Shopping, Market Basket/ Walmart:

Every Friday Morning, first run starts 9:00 a.m., second run pick up starts at 10:15 a.m. Any special shopping days will be on a Wednesday. Look in your newsletter to see these days.

The first Wednesday of each month is 2hr shopping at Walmart, 10:00 a.m.-12:00 p.m. Bus P/U starts at 9:00 a.m. and will return at 11:45 p.m. If we happen to have to cancel for any reason we **will not** reschedule the trip, due to set activities going on the rest of the month.

T.J Max Plaza, Fantastic Sam's, Town Hall, Post Office every Tuesday. P/U starts 9:15 a.m. and will return at 11:45 a.m.

Medical:

We only accept appointments Mondays, Wednesdays and Thursdays.

Bus hours for medical; Call two days in advance. When Scheduling your medical appointment please schedule between the hours of 9:30 a.m. and 1:00 p.m. No appointment will be accepted after 1:00 p.m.

Nashua: Mondays only, 10:30 a.m.-1:00 p.m. Bus only travels to Exit 5.

Harvard Chelmsford: Mondays and Wednesdays 10:00 a.m. -1:00 p.m. **NO THURSDAYS.**

Lowell, Dracut, and Chelmsford. NO changes to existing bus service appointments. **(Except Harvard, NO Thursday.** Harvard will be on Mondays and Wednesdays only.

Thank you for your understanding.

REGULAR PROGRAMS AT THE CENTER IN JULY

Monday.....

Tai Chi	9:00-10:00
Mexican Train Dominoes	10:00-1:00
Needle Art	1:00-3:00

Tuesday.....

Wellness Clinic... July 1st	10:30-12:00
Exercise No Exercise	10:15-11:15
Cribbage	10:00-11:30
Bingo	12:30-2:30

Wednesday.....

Yoga	9:00-10:00
Bone Builders	10:00-11:00
Chair Massage... July 16th	11:00-12:00
Podiatrist... July 23rd	12:00-3:00

Thursday.....

Wii Bowling	10:00-11:30
Exercise	11:45-12:45
Book Group... July 17th	1:00-2:30

Friday.....

Bone Builders	9:00-10:00
Zumba Gold	10:30-11:15
Paint Class	12:30-2:30

Lunch is served promptly @ 11:30 everyday
must make reservations 2 days in advance
BEFORE NOON call 978-649-9211

\$2.00 for seniors & \$4.50 for non-seniors

OFF-SITE BUS TRIPS Pick up times.

- **Food Shopping/Wal-Mart : Friday Mornings first run.. P/U starts at 9:00am, second run P/U starts at 10:15am**
- **T.J Max Plaza, Every Tuesdays pick up starts 9:00AM -11:45AM**
- **Wal-Mart Wednesday, July 2nd 10:00AM-12:00PM**
- **Lunch Bunch, Wednesday July 16th, 11:30-1:00 Place: "Village Inn" Dracut**
- **Pheasant Lane, Wednesday July 30th, 11:00 – 1:00.**


Tyngsborough COA Newsletter

HEALTH AND WELL BEING/ UPCOMING PROGRAMS

WELLNESS CLINIC
Tyngsborough Council on Aging
180 Lakeview Ave 978-649-9211

Nancy Harding, RN, from the
Circle Home, Inc..

Tuesday, July 1st 10:30-12:00. Blood Pressure Readings, weight checks and medication reviews. First come first served.

 ***iMEDICARE-*** *If you need help with your Health Insurance, and are affiliated with Tyngsborough Family Pharmacy, they will be glad to go over the different plans. Just give them a call 978-226-5679. see pg 8 for more info.*

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Tyngsborough seniors 60 years and older. Contact TCOA if you are in need of one. "Place on your refrigerator or glove box of your car." "Also ask about the Yellow Dot program." 978-649-9211.

WELLNESS CLINIC at ELDERLY HOUSING
Nancy Harding, RN, from the
Circle Home, Inc.

- Red Pines Elderly Housing, the third Tuesday of each month from **8:30 - 9:30.**
- Brinley Terrace Elderly Housing, the fourth Tuesday of each month **8:30-10:00.**

UPCOMING in AUGUST

SENATOR Eileen Donohue's Ice Cream Social.

Wednesday August 13th 11:30-1:00

Along with a FREE lunch from Nashua Crossing.

VETERANS/SENIOR BREAKFAST

Thursday, August 21st 8:30 FREE

Start your day with a healthy breakfast and a smile. Sponsored by the Rotary Club
Following breakfast, there will be a speaker; Mark Armstrong— Topic, Estate Planning.
All are welcome to stay afterwards and join in the activities for the day. Sign up at the Center or call, 978-649-9211

CASINO DAY

Wednesday, August 20th 11:00

This will be our second annual casino day. Come join us for some fun!

Try your luck at poker, dices, slots, and the wheel of luck. Earn chips at each game and at the end of the day the gambler with the most chips wins a gift certificate. Good Luck! Don't forget to sign up for lunch 2 days in advance.

LUNCH BUNCH

Wednesday, August 27th, 11:30-1:00

If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus, just call 3 days in advance 978-649-9211. **Mama's Restaurant**

CLASSIFIED Section

VOLUNTEERS / DONATIONS NEEDED:

DONATIONS NEEDED:

- * Coffee.
- * Red curling ribbon.
- * Morning snacks.
- * Lg/Med size zip locked bags.

EVENT VOLUNTEERS NEEDED:

Call the center two days in advance to see what is available. Ask for our Volunteer Coordinator, Roger 978-649-9211.

USEFUL INFORMATION



iMedicare Reaches 500 Pharmacies and Thousands of Seniors

Fastest growing Medicare comparison platform helps seniors save money.

Tyngsboro Family Pharmacy is affiliated with the iMedicare program, if you get your prescriptions through them they will be glad to help you with any questions in regards to this program. 978-226-5679.

iMedicare, is the fastest growing patient engagement and Medicare decision-making platform, it is now available at 500 pharmacies nationwide to help thousands of seniors enroll in affordable health insurance and prescription drug coverage. iMedicare enables pharmacists to help seniors more easily shop for Medicare insurance plans by automatically integrating their prescription medications in one simple, elegant mobile solution. “Before iMedicare, choosing Medicare insurance was extremely difficult because it required manually inputting all of patients’ current medications, “Now, iMedicare has the ability to securely import the patients’ information in a matter of seconds.”

Before using iMedicare, pharmacists would often spend 30 to 45 minutes helping a patient find a Medicare plan that covered their prescription drug needs. iMedicare reduces the process to 2 minutes.

Recently, iMedicare introduced new software capabilities to further enable Medicare seniors to save money on Part D plans, while also increasing patient engagement at pharmacies. The company now identifies therapeutically equivalent medication alternatives, offering seniors less expensive options available, whether it is a generic or just a more affordable brand medication. “As a result of using iMedicare pharmacy’s saved patients 100,000 of dollars.